



Frank G. Cousins, Jr.

Vol. 4

# TRIAD TELEGRAM

Jonathan W. Blodgett

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*TRIAD is a partnership of law enforcement, senior citizens and community organizations. The purpose of TRIAD is to increase senior citizen safety through education and crime prevention.*

### In This Issue...

Merrimac TRIAD	Pg. 1
Lynn TRIAD	Pg. 1
Safety Tip	Pg. 2
Falls	Pg. 2
Swampscott COA	Pg. 3
Prescription Drugs	Pg. 3
Methuen TRIAD	Pg. 4
Comm. Meetings	Pg. 5
Salem TRIAD	Pg. 6

## Merrimac becomes the 29th community to join TRIAD

On September 27, 2007, the town of Merrimac joined the Essex County Triad as the 29<sup>th</sup> out of 34 Essex County communities who now belong to the growing Triad Program.

On hand for the signing of the by-laws were Bonnie Collins, Chairperson of the Board of Selectmen, Police Chief James Flynn, Fire Chief Ralph Spender, Council on Aging Director Laura Dillingham-Mailman, Housing Authority Director Robert Mazonne, and representatives from the

Sheriff's Department and the District Attorney's Office.

In celebration of the program, free photo identification cards were issued to all interested seniors in attendance.

Officers were elected at the following meeting which include Natalie Christie as Chairwoman, Jimmy Mazza as Vice Chairman and Gerry Morenski as Secretary. In addition to photo ID, the Council has already begun successfully distributing File of Life cards in Merrimac.

## Celebrating TRIAD in Lynn

The City of Lynn revitalized their TRIAD on March 3, 2008 with a ceremony at the newly remodeled Lynn Senior Center.



(See Lynn, Page 5)

**Do you need a 911  
Cell phone?**



If you or your TRIAD needs a 911 Cellular Phone(s), please contact Capt. Ebacher at the Essex County Sheriff's Dept. at (978) 750-1900 x 3322, as phones are limited.

**Donations Needed!**

If you would like to donate a cellular phone, please contact Capt. Ebacher at (978) 750-1900 x 3322 or contact your local Council on Aging.

Contents of this newsletter are intended for the Senior Citizens of Essex County

To submit items to the Newsletter please contact Capt. Jason Ebacher at the following address:

Essex County Sheriff's Dept.  
20 Manning Ave.  
Middleton, MA 01949  
Telephone: (978) 750-1900  
x3322  
Email: jebacher@eccf.com

**This Issue's Safety Tip**  
(Courtesy of Carrie Monahan,  
Essex District Attorney's Office)

Identity theft is one of the fastest growing crimes in America. Thieves steal personal information – social security numbers, credit card numbers, and bank account numbers – and use it to obtain credit for themselves. One easy way to protect yourself from an identity thief is to arrange to have all federal benefits checks deposited into your bank account directly.

**GO DIRECT** is a federal program to promote use of direct deposit. It protects you from identity theft because there is no longer a paper check – with your social security number on it – in your mailbox on the same day every month. Instead, the money goes directly into your bank account. This gives you immediate access to your money and saves you a trip to the bank.

For more information on GO DIRECT and direct deposit call (800) 333-1795, go to [www.godirect.org](http://www.godirect.org) or visit your bank or credit union.

**Falls Are a Serious Risk to Elders**

(Article originally printed in the November 2007 edition of the National Association of TRIADs, Inc.)

More than 4,700 Americans age 65 and older die from falls each year. According to the Home Safety Council, (<http://www.homesafetycouncil.org>) there are another 1.5 million non-fatal injuries from falling in the home every year.

That's the bad news. The good news is that there is a lot you can do to prevent falls. **Throw rugs** are notorious skid hazards. Find a way to affix them permanently to the floor or better, don't use them at all.

The bathroom may be the most dangerous place in the house with water splashed on the floor and daily opportunities to fall when getting in and out of the tub or shower. Here are some precautions you can take:

- Use only bathmats with non-skid backing.
- Install grab bars at levels to be used for both showers and tub baths. Towel bars are not appropriate for this use; they can easily break.
- Use a non-slip mat or attach non-slip strips to the floor of the tub.
- Wipe up water on the floor as soon as it appears.
- Use nightlights in bathroom, halls and bedrooms.

(See Falls, Page 4)

## Swampscott COA Has a New Home

The Swampscott Council on Aging moved into its brand new home in August. The new building, which is adjacent to the new high school, offers ample parking, a spacious, comfortable lunch room and several multi-purpose rooms all on one level.

The roughly 7,000 square feet is about triple the size of the old senior center. The Council on Aging is expanding programs and encouraging more seniors to take advantage of the new facility.



## 2008 Essex County TRIAD Conference is Coming!!!!

On May 14th, 2008 the Peabody Senior Center will be hosting the 3rd annual Essex County TRIAD Conference from 10 a.m. to 1 p.m.

With the theme of this conference dedicated to Elder Abuse, attendees will also be provided a catered lunch and the opportunity to win one of our several raffles.

In addition to each police chief and council on aging director, each community will be able to send 5 individuals to the conference.

For registration forms or for further information please contact Capt. Ebacher at (978) 750-1900 x. 3322.

## Prescription Drug Abuse

Prescription drug abuse is a growing trend among our nation's youth. According to the Office of National Drug Control Policy, most young people obtain these drugs from their parents' or grandparents' medicine cabinets. For this reason, it is important to secure your prescription medications so that they cannot be easily stolen from your home.

In addition, unused, unneeded or expired prescription drugs should be disposed of properly. Proper disposal is easy. Remove drugs from original containers and throw them in the trash. You may consider putting them into a non-descript container such as a coffee can or soda bottle and mixing them with an undesirable substance such as coffee grounds to ensure that they are not removed from your trash.

The Food and Drug Administration recommends that you flush the following drugs down the toilet;

- Actiq (fentanyl citrate)
- Daytrana Transdermal Patch (fentanyl)
- Duragesic Transdermal System (fentanyl)
- OxyContin Tablets (oxycodone)
- Avinza Capsules (morphine sulfate)
- Baraclude Tablets (entecavir)
- Reyataz Capsules (atazanavir sulfate)
- Tequin Tablets (gatifloxacin)
- Zerit for Oral Solution (stavudine)
- Meperidine HCl Tablets
- Percocet (Oxycodone and Acetaminophen)
- Xyrem (Sodium Oxybate)
- Fentora (fentanyl buccal tablet)

If you have any questions, contact your pharmacist.

## Methuen Seniors vs. Methuen Police Officers

The Methuen Senior Activity Center has been hosting an "Us vs. Them" 45's Tournament with the Methuen Police Department for the past 4 years. The seniors have been the reigning champs of the game for the past 3 years, this year losing the title to the police.

The purpose of the tournament is to open the doors of communication between senior citizens and the police in the community. When a senior needs to call for police assistance, it is nice to know a friend is on the other end of the phone and will be there to help you. Even though the seniors lost the game this year, they certainly gained a lot... friendship!

Prizes donated by Fuddruckers and The Fireside Restaurant are awarded to the winner and runner-up of the event, but the real prize is the smiles and laughter of the participants. Players also enjoyed toll-house cookies, baked on the premises, while playing cards! This program continues to grow each time they play. This was truly a great day with plenty of fun and laughter had by all!

The senior center staff thanks everyone who participated in the event and look forward to hosting this event again soon so they can reclaim their "champion" title. Game on!



## Falls Are a Serious Risk to Elders

(Falls, from page 2)

**Stairs** are another hazard that can be mitigated with good safety practices:

- Keep stairs clear of all clutter.
- Install bright lights at the top and bottom of stairs and at all landings.
- Install handrails on *both* sides of stairs and steps. Be sure they extend clear to the top and bottom of staircases.
- Use rugs on stairs with care. They should be permanently affixed to the stairs.

Follow the same safety precautions for outdoor stairs and steps and have broken or chipped steps and walkways repaired as soon as possible. Balance can become an issue with elders. Some medications or combinations of medications can contribute to dizziness and falls, so check with your physician if this is a problem for you.

## Peabody, Saugus & Georgetown; first to host community update meetings

The Towns of Saugus, Georgetown and the City of Peabody were the first Triads to recently host community update meetings.

The purpose of the community update meetings is to bring community leaders to a regular Triad

State representatives, senators, mayors, city councilors, selectmen, school committee members, health coordinators, housing authority representatives, clergy representatives, the local press, representatives from the Fire Department and Police Department, representatives from the Councils on Aging and the Senior Centers, the District Attorney's Office, the Sheriff's Department and senior citizen members of the Triad Councils were in attendance.



meeting and update them on the role and successes of the Triad Council, as well as their future plans.

In addition, input is asked from the community leaders on ways to improve the programs already in place.

All three meetings were very well attended.



With the success of all three meetings, several other Essex County communities have already begun to plan their meetings for 2008.

## Celebrating TRIAD in Lynn

(Lynn, from page 1)

Under the direction of Senior Center Director Stacy Minchello, the Lynn TRIAD and the City of Lynn once again established their commitment to their senior citizens. Originally established in 2004, the Lynn TRIAD has relocated to the newly improved Senior Center on Silsbee Street.

With the relocation, a renewed interest in TRIAD has occurred with the recent offering of senior identification cards and File of Life.

The revamped Lynn TRIAD meets on the first Thursday of every month at 11 a.m. at the Lynn Senior Center. For further information please call the Senior Center at (781) 599-0110.

## \*Community Spotlight\*

# SALEM

As one of the oldest and most successful Essex County TRIADS, the City of Salem has implemented many of the standard TRIAD programs. Originally organized as the Salem S.A.L.T. (Seniors and Law Enforcement Together) Council in October 2002, the city of Salem quickly transformed itself into one of the county's most inventive TRIADs. They have offered Photo ID, File of Life and Yellow Dot to many of their city's senior population.

In addition to the above-mentioned programs, Salem creatively pioneered the first volunteer smoke detector installation program in the summer of 2005. Through federal grants, local volunteers and the Salem Fire Department, the Salem TRIAD successfully provided approximately 200 Salem senior citizens with brand new smoke detectors. In 2007, following the overwhelming success of the smoke detector program, the Salem TRIAD undertook a similar program of in-

stalling approximately 100 Carbon Monoxide Detectors in 56 senior homes.

Currently, "Is Your Number Up?" is the latest program being undertaken by the Salem TRIAD. Flyers notifying residents of the importance of having their house number visible from the street, are being distributed throughout the city.

The Salem TRIAD continues to plan and implement additional programs for the future including "Adopt a Grandparent," "In Case of Emergency (ICE)" and "Clean Your Medicine Cabinet."

For further information concerning the Salem TRIAD, please contact the Salem Council on Aging at (978) 744-0929.

*To have your TRIAD recognized under the Community Spotlight section, please contact any member of the below mentioned editorial board.*

## TRIAD Banner and Certificates of Appreciation Available!

**TRIAD BANNER:** The Essex County Triad Council has a beautiful banner available for groups who would like to borrow it to display at any kind of event which promotes the Triad Program. Contact Captain Jason Ebacher at 978-750-1900, ext. 3322.

**CERTIFICATES OF APPRECIATION:** Essex County TRIAD Certificates of Appreciation are available for retiring TRIAD council volunteers. If your community would like a certificate, signed by both the Sheriff and District Attorney, in appreciation of their service, please contact Debbie MacGregor in the DA's Office at 978-745-6610, ext. 5081.

## TRIAD Telegram

### Editorial Board:

Captain Jason R. Ebacher (Essex County Sheriff's Department)	(978) 750-1900 x3322
Debra MacGregor (Essex District Attorney's Office)	(978) 745-6610 x5081
Mariellen Fidrych (Essex County Sheriff's Department)	
Carrie Monahan (Essex District Attorney's Office)	(978) 745-6610 x5079